



# **MY BEST FREE TRAINING RESOURCES**

---

Matty Graham  
Sport Science Consultant and  
Performance Coach



# WELCOME

I am so pleased that you took advantage of this offer.

These are my best training resources that you can access for free from the Exponential Performance Coaching website.

My hope is that you will start to integrate this knowledge into your training and racing to boost your performance. This way you can set a PB, beat your mate up your local climb or just enjoy the feeling that comes when you are fitter.

Get out there and train Hard, but remember to Train Smart

*Matty Graham  
Sport Science Consultant  
and Performance Coach*



# MY TOP 3 TRAINING VIDEOS

Over on the Exponential Performance **YouTube channel** there are a ton of training videos. Here are 3 of the my most viewed videos. I hope you find them helpful.

***Click below to watch more .***

How to train your VO2max and Anaerobic Threshold



Using crash training to improve your fitness fast



Endurance vs. High Intensity Interval Training



# MY TOP 3 TRAINING ARTICLES

For over 8 years I have written training articles for various magazines and websites. Here are 3 of the most read articles. I hope you find some helpful info in these articles that you can apply to your training.

***Click below to read more.***

Glycogen Manipulation  
Training: aka Training Fasted:  
How to maximise your  
endurance.



Cramp: What causes it and how  
to stop it.



Was Arthur Lydiard Wrong?  
One of the best endurance  
coaches in history, but was he  
wrong with his training  
methods?





# MY TOP 3 PODCAST EPISODES



Over the last 2 years I have been recording the Exponential Performance Podcast. In this I dig deeper into listeners questions, topics, talk with athletes and experts. Here are 3 of the most popular episodes.

***Click below to listen to more.***

***Episode 4:*** Training periodisation, early morning training nutrition and World Multisport Champion Sam Clark interview.



***Episode 14:*** Strength training for endurance athletes.



***Episode 32:*** The science of endurance training periodisation.



# MY TOP 3 DISCOUNTS

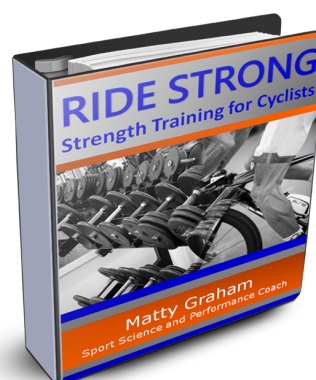
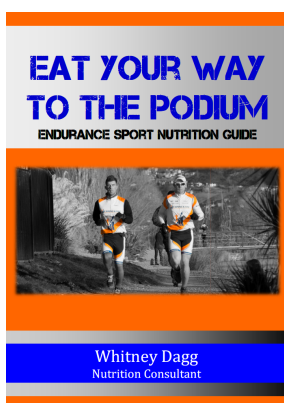
My hope is that you have found these free training resources helpful and you can add these strategies into your training.

As a way to further help you towards your goals please help yourself to a 50% discount on some of my most popular online training plans and ebooks by using the code: **NEXTLEVEL** at the check out.

**Eat your way to the podium: Nutrition ebook**

**Ride Strong: Strength Training for Cyclists**

**Marathon Training Plan**





# BONUS DISCOUNTS

While we are at it, here are 3 bonus discounts for you to take advantage of.

Use the code: **BONUS** at the check out to get your **30% discount** off the following products.

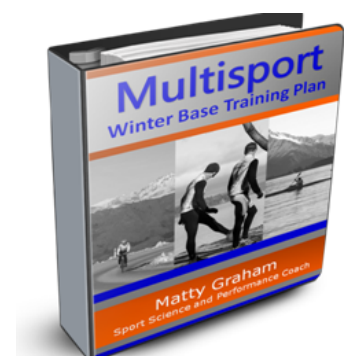
## Top Secret: Indoor Training File



## Enduro MTB Plan



## Winter Multisport Base Plan



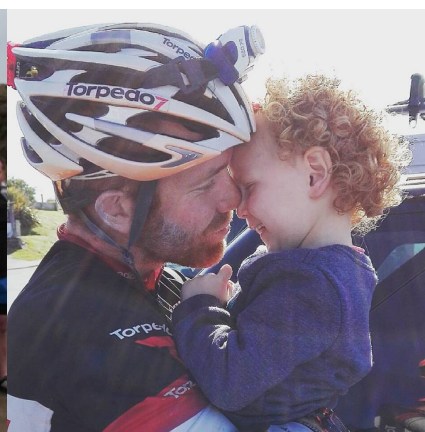
# ABOUT MATTY



My name is Matty Graham, I live in Wanaka, NZ with my wife Lily and two daughters Elsie and Merritt. I have a passion for endurance sport and helping others achieve their goals.

In 2009 I established Exponential Performance Coaching with the aim of providing effective cutting edge training support to help athletes of all levels to perform at their best and achieve their goals.

I did this because I feel the scientific based training approach is lacking in many other coaching services. There were many coaches who solely base their coaching on their past experiences in sport or how they train. While this is not 'wrong' I feel that everyone is different and there is a 'smarter' way to train and race to get the most out of yourself.





# EDUCATION



I studied for six years at the School of Physical Education, Sport and Exercise Sciences at the University of Otago. Firstly majoring in sport science and then completing a master's degree focusing on how blood volume is regulated in responses to endurance and repeat high-intensity training (***read about it here***).

While at Otago, I had the privilege to help shape the future generation with 5 years of lab teaching at the School of Physical Education, Sport and Exercise Science.





# EXPERIENCE



Along with my education, I have ten years of experience working with many different individuals in achieving their sporting goals. This includes working with beginners to elite athletes in the areas of multisport, triathlon, adventure racing, road cycling, mountain biking, white water kayaking, flat water kayak racing, mountain and road running.

I have been fortunate enough to work in a number of high performance programmes. Including working as a sport science consultant for the New Zealand National Elite track cycling programme, strength and conditioning coach for Otago under 21 and NHL hockey teams and contractor for Canoe Racing New Zealand.

Currently I am a High Performance Sport New Zealand Strength and Conditioning Coach working with the New Zealand Winter Olympic Snow Sports programme.





# RACING



Further to my education I have 14 years of competing in endurance sports. Primarily multisport, adventure racing, and ultra endurance cycling.

This unique combination of high level sport science education, hands on work in the real world and racing experience allows me to provide all individuals with truly effective training advice and guidance no matter what their level, no matter what their sport.





# NEXT STEP

Well there you have it.

**You have my 9 best training resources and 6 best discounts.**

Where to next, whats your next step?

Don't be like 99% of the people out there who will skim through this briefly, then hit the exit button and then keep searching for that next best thing, that hack, that magic sliver bullet.

***Instead be one of the 1% who get results.***

**Click the links.**

Watch, listen, read, take notes and most importantly **TAKE ACTION.**

Get out there and **TRAIN HARD**, but most importantly **TRAIN SMART.**

***Matty Graham***

exponential.performance@gmail.com